

Yoghurt parfait with pecan nuts, apple and honey – a recipe by Tohru Nakamura



Pecan nuts look a bit like walnuts and belong to the same botanic family. Nuts are a great enhancement to our nutrition and provide great potential for variety

Ingredients for 4 portions:

Ingredients for the yoghurt parfait

3 egg whites (fresh eggs!)

130 g sugar



100 g cream at least 30% fat content

90 g Greek yoghurt

1 lemon (untreated)

Ingredients for the apples pickled in a herbal infusion

2 Granny Smith apples

½ bunch of basil

½ bunch of mint

1 lemon (untreated)

150 ml water

75 g honey

Ingredients for the pecan nut sprinkles

10 pecan nuts

Ingredients for the pecan nut crocant

50 g pecan nuts

50 g honey

Tips from Tohru Nakamura:

- The yoghurt parfait can be prepared in advance and is then available at any time, also as a snack. Please make sure you allow sufficient freezing time (minimum 5 hours).
- In order to make it easier to get the parfait out of the mould, it is a good idea to grease the moulds lightly with oil and line them with cling film before filling. The entire process of preparing the parfait can be seen in the “Yoghurt parfait preparation” video.

Preparation (c. 45 minutes, freezing time: 5 hours):



To make the yoghurt parfait:

Whip the egg whites and sugar to form a stiff mixture. Whip the cream and chill both until needed.



Pour the Greek yoghurt in a bowl and add the zest and juice of the lemon. Mix the whipped cream with the yoghurt mix and fold in little by little the whipped egg whites. (see video „preparing yoghurt parfait”)



Pour the yoghurt mixture into timbale moulds or into tumblers. Place in the freezer.



For the apples pickled in a herbal infusion:

Place the ingredients for the stock (basil, mint, lemon (zest and juice), water and honey) in a pan, bring to the boil and simmer with the herbs. Peel the Granny Smith apples into fine slices using a mandoline and then place in the warm infusion. Leave to cool in the stock. Chill the infusion with the apples in it.



To make the pecan nut sprinkles:

Simply grind the pecan nuts finely in a bowl.



To make the pecan nut crocant (see video):

Put the honey in a pan and caramelize. When the honey has caramelized, add the nuts and keep stirring until they are well covered. To cool, place on a baking tray lined with baking paper. Roughly chop the cold nut crocant and place in a container.



To serve:

Prepare a bowl with warm water. Dip the timbale moulds into the warm water and turn out the parfait. Roll the parfait in the crocant and place on the plate. Remove the apple slices from the infusion and dry off on some kitchen roll. Roll the apple slices into loops and use them to garnish the parfait. Finally, sprinkle over the chopped pecan nuts.